

**Well Balanced Programs / Pre-Juvenile - No Test Freeskating
2007-2008 Competition Season**

<p align="center">Pre-Juvenile - Freeskating</p> <p align="right">2:00</p> <p>Maximum 6 jump elements 1 Axel-type jump* Axel & 3 double jumps may be repeated only once as individual jumps, in combination or in sequence No more than 3 combos or sequences 1 combo may have 3 jumps / others only 2 Number of jumps in sequence is free Double Axel & triple jumps are not permitted Maximum 3 spins of a different nature (3)</p> <p>1 step sequence using full ice surface <i>Check competition announcement for any special rules</i></p>	<p align="center">Preliminary - Freeskating</p> <p align="right">1:30</p> <p>Maximum 5 jump elements 1 single Axel or Waltz jump* Axel & 2 double jumps may be repeated only once as individual jumps, in combination or in sequence No more than 3 combos or sequences 1 combo may have 3 jumps / others only 2 Number of jumps in sequence is free Double Axel & triple jumps are not permitted Maximum 2 spins of a different nature (3)</p> <p>1 step sequence using half ice surface <i>Check competition announcement for any special rules</i></p>
<p align="center">Pre-Preliminary - Freeskating</p> <p align="right">1:30</p> <p>Maximum 5 jump elements Double jumps are not permitted Maximum of 2 single Axels No more than 3 combos or sequences All jumps may be repeated as individual jumps in combination or in sequence 1 combo may have 3 jumps / others only 2 Number of jumps in sequence is free Maximum 2 spins of a different nature (3)</p> <p>1 step sequence using half ice surface <i>Check competition announcement for any special rules</i></p>	<p align="center">No Test - Freeskating</p> <p align="right">1:30**</p> <p>Maximum 5 jump elements Axel and double jumps are not permitted All jumps may be repeated as individual jumps or in combo or sequence No more than 3 combos or sequences 1 combo may have 3 jumps / others only 2 Number of jumps in sequence is free Maximum 2 spins of a different nature (3)</p> <p>1 step sequence using half ice surface <i>Check competition announcement for any special rules</i></p>

*required element

** May vary by competition

9/3/07